



CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: CROSS NA WRZOSACH 2018
Organizator: Nadleśnictwo Okonek
Data: 2018-08-25
Miejsce: Okonek
Dystans: 5.3 km



Klasyfikacja: K45+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SKIBIŃSKA-SOBCZUK Marzena	180	LUBELSKIE ZNORDIC	K45+	1	00:36:48.02		7:21	8.2 (100%)
2	SPYCHAŁA Marzena	183	CKZIU NYSA MECHANIK	K45+	2	00:36:48.41	+00:00:00 (0.0%)	7:21	8.2 (100%)
3	TURKOWSKA Iwona	188	RUNCOHOLICS SZALONE ONE	K45+	3	00:39:45.22	+00:02:57 (7.4%)	7:57	7.5 (91.5%)
4	DREWNOWSKA Barbara	141	ZASAPANI	K45+	4	00:41:09.41	+00:04:21 (10.6%)	8:14	7.3 (89.0%)
5	CYGANIK Wioletta	139	ZASAPANI	K45+	5	00:41:12.53	+00:04:24 (10.7%)	8:14	7.3 (89.0%)
6	KAMIŃSKA-SOKÓŁ Marzena	157	NORDIC WALKING LUBASZ	K45+	6	00:41:56.37	+00:05:08 (12.3%)	8:23	7.2 (87.8%)
7	DUKIEWICZ Aneta	142	CZARNE PANTERY	K45+	7	00:42:59.36	+00:06:11 (14.4%)	8:36	7 (85.4%)
8	BERCZYŃSKA Zofia	133		K45+	8	00:43:53.34	+00:07:05 (16.2%)	8:46	6.8 (82.9%)
9	OLSZYŃSKA Marzena	173	WILKI KOSZALIN	K45+	9	00:43:58.08	+00:07:10 (16.3%)	8:47	6.8 (82.9%)
10	DELIKAT Violetta	140		K45+	10	00:44:03.15	+00:07:15 (16.5%)	8:48	6.8 (82.9%)
11	KOZŁOWSKA Agnieszka	164	DYNANIC	K45+	11	00:44:36.34	+00:07:48 (17.5%)	8:55	6.7 (81.7%)
12	ŁAZANOWSKA Wiesława	168	ZASAPANI	K45+	12	00:45:39.47	+00:08:51 (19.4%)	9:08	6.6 (80.5%)
13	ZIĘBA Halina	190	PSEUDOBIEGACZKI	K45+	13	00:48:25.07	+00:11:37 (24.0%)	9:41	6.2 (75.6%)
14	WRONA Jolanta	189		K45+	14	00:49:00.16	+00:12:12 (24.9%)	9:48	6.1 (74.4%)
15	GIERSZENDORF Monika	147	KB KATORZNIK MUROWNA GOŚLINA	K45+	15	00:50:07.23	+00:13:19 (26.6%)	10:01	6 (73.2%)
16	SOLAK Ewa	182	CZARNE PANTERY	K45+	16	00:50:59.71	+00:14:11 (27.8%)	10:11	5.9 (72.0%)
17	JAKIEL-MAINIERI Sabina	152	CZARNE PANTERY	K45+	17	00:51:58.93	+00:15:10 (29.2%)	10:23	5.8 (70.7%)
18	MRÓZ Małgorzata	171	CZARNE PANTERY	K45+	18	00:52:06.03	+00:15:18 (29.4%)	10:25	5.8 (70.7%)
19	FISZER Marzena	144		K45+	19	00:53:20.07	+00:16:32 (31.0%)	10:40	5.6 (68.3%)

Znaleziono 19 wynik(ów)